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[www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)

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## Message from MPRD:

You can't beat fall in Middle Tennessee! The summer was a huge success for MPRD with record turnouts at many of our special events, such as Movies Under the Stars, Barfield Beach Party, and Celebration Under the Stars. As we head into fall, there are all sorts of fun new programs and events with Murfreesboro Parks and Recreation, especially the Bicentennial of Murfreesboro. From hayrides to Halloween carnivals, basic knitting to arts and crafts, and more!

We encourage you to get out this fall and enjoy all that Murfreesboro has to offer. On behalf of Murfreesboro Parks and Recreation Department, we hope you and your family have a Happy Halloween and an abundant Thanksgiving Holiday!





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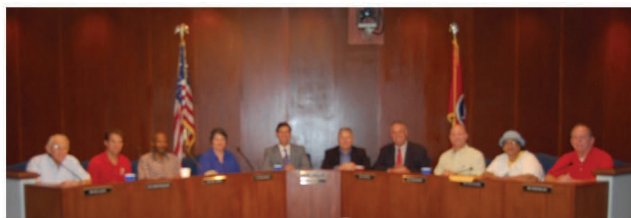
## City of Murfreesboro

### Access Statement

The City of Murfreesboro does not exclude anyone from participation nor deny the benefits of or otherwise subject to discrimination on the basis of race, national origin, color, age, or disability. Any complaint alleging discrimination may be filed with the Mayor of the City of Murfreesboro.

It is the goal of Murfreesboro Parks and Recreation Department to make its programs and facilities available to the public. If you or someone you know has a disabling condition and would like more information about accessibility of programs or facilities, call the main office of the Murfreesboro Parks and Recreation Department at 890-5333 or TDD 849-2689.

Any city resident needing financial assistance to participate in any activity may contact the main office of the Murfreesboro Parks and Recreation Department, located at 697 Barfield Crescent Rd., to receive a copy of its financial assistance policy.



## Parks and Recreation Commission

The purpose of the commission is to provide leisure recreation opportunities and facilities for all residents of Murfreesboro. The commission shall have jurisdiction over all the recreation programs, park areas, and buildings set aside for recreation in the City of Murfreesboro.

**Commission Members:** Mr. D. Edwin Jernigan, Chair, Mr. Chris Bratcher, City Council, Mr. Tim Roediger, Ms. Elsie Easter, Mr. Ricky Turner, Mr. Eddie Miller, Vice Chair, Mr. Tim Tipps, Dr. Linda Gilbert, Mr. Shane McFarland, City Council, and Mr. Bill Allen (ex officio).

### MPRD Mission Statement:

To plan, organize, implement and promote a comprehensive delivery system of programs, facilities, and areas which enhance the community's quality of life.

### Cable TV - Channel 3

Please watch the Parks and Recreation Commission meetings each month, usually the 1st Wednesday of every month, for the latest news and developments of Parks and Recreation. We are often featured on our monthly video: MPRD Update, the segment, In the City, as well as on the daily bulletin.



### Mistakes Happen...

Occasionally there may be an error in days, times, registration requirements, or fees in this brochure. When such errors do occur, the staff will do everything possible to correct the situation promptly. Check our website, [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks) for the latest updates and changes.

### Photos

The Murfreesboro Parks and Recreation staff takes photos and videos at our programs, events or on park property. These photos or videos may be used in our brochures, advertising, or other publications. If you do not wish to be in a video or have your photo taken, please tell our photographers.

### Refund Policy

- A full refund will be given when a patron cancels more than one week prior to the activity, event, facility rental, program, other rentals and/or services.
- A \$5.00 administrative fee or 5% charge of the total fee paid, whichever is greater, will be assessed to the patron when canceling or dropping out of the activity, event, facility rental, program, other rentals and/or services one week or less prior to the activity, event, etc.
- A prorated fee will be assessed to the patron once the program, class or activity has begun and patron cancels or drops out of said program, class or activity.

## Job Opportunities with Murfreesboro Parks & Recreation

Interested in working with us? Please visit our city website: [www.murfreesborotn.gov](http://www.murfreesborotn.gov) and click on the "Job Listings" section for the latest information about full-time and part-time positions available with Murfreesboro Parks and Recreation.



## All Ages

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## Recreation Centers

[www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)

### Patterson Community Center

*Reservations & Information: 893-7439*

Located at Patterson Park (521 Mercury Blvd.) in the central area of Murfreesboro. Some of the amenities are: two gymnasiums, theatre, indoor water park, game room, conference center, 1/8 mile track, wellness center, aerobics studio, dining room and library. Meeting rooms are available seven days a week, and the pool on weekends for rentals only.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.

### Sports\*Com

*Reservations & Information: 895-5040*

Sports\*Com is located at McKnight Park (2310 Memorial Blvd.) in the northern area of Murfreesboro. Amenities include a gymnasium, 1/16 mile track, aerobics area, fitness equipment, game room, meeting room, 25-yard indoor pool, 50-meter outdoor pool, and 4 sand volleyball courts. The pools are available for rental on weekends, and the meeting rooms are available seven days a week.

Hours: M-F 6a.m.-9p.m. / Sat. 8a.m. - 5p.m. / Sun. 1-5p.m.



### Admission & Passes

	Daily	30 Visits	Monthly	Yearly	Family*
Premium	\$4.00 / \$3.00	\$60.00 / \$45.00	\$35.00 / \$25.00	\$315.00 / \$225.00	Yearly \$450.00
General	\$3.00 / \$2.00	\$45.00 / \$30.00	\$25.00 / \$15.00	\$225.00 / \$135.00	90-Day \$150.00

First fee listed is Adults and second fee listed is Youth & Seniors. One child under age 4 is free with a paid adult. Does not apply to city-sponsored wellness or fee-based classes. Ages for rates: Youth (4-17), Adult (18-59) & Senior (60+).

#### Premium Pass:

Includes admission to both PPCC and Sports\*Com, pool, all areas of the center, including Sports\*Com Outdoor pool, racquetball courts, and city-sponsored wellness classes. Does not include fee-based classes.

#### General Pass:

Includes admission to both PPCC and Sports\*Com, pool and all areas of center. Does not include city-sponsored wellness classes, fee-based classes, Sports\*Com Outdoor pool, or racquetball courts.

#### \*Family Pass:

The 90-day family pass includes general admission privileges, and the yearly family pass includes premium pass privileges & Tot Watch. Family is defined as married husband and wife, or parent with dependent children 17 years or younger (22 years or younger if full-time student).

**Monthly** = Unlimited daily visits for 30 days from date of issue. / **30 Visits** = 30 daily visits over a one-year period from date of issue.

**Yearly** = Twelve months from date of issue.

### Tot Watch

Available at Sports\*Com & Patterson Community Center for ages 6 months - 7 years.

Cost: Premium Yearly / Monthly Pass Holders: \$1.00/child  
General Pass Holders, Premium 30-visit pass holders or daily admission: \$3.00/child

Note: Tot Watch is included in the Family Yearly Premium Pass only.

## Cannonsburgh Village

*Reservations & Information: 890-0355*

Cannonsburgh Village is located on 6 acres at 312 South Front Street. This example of a rural southern village is indicative of pioneer villages of the 1800s. The village consists of: the Visitor Center, gristmill, 1800s residence with dogtrot, the Leeman House, Art League and Diorama, L&N Caboose, and the Williamson Chapel. The grounds, chapel, Leeman House and gazebo are available for rental.

### **Cannonsburgh Hours:**

Tuesday - Saturday: 9:00a.m.-4:00p.m.

Sunday: 1-4:00p.m.

Closed on Mondays - Grounds open all year



## Wilderness Station

*Reservations: 217-3017*

Located in the Barfield Crescent Park (697 Barfield Crescent Road), the Wilderness Station is the city's unique outdoor awareness and adventure facility. It is nestled along the edge of the woods, just a short drive past the disc golf area. Adventurous families, scouts and youth groups can camp in the primitive Backcountry Campground. Some of the amenities are: two educational classrooms, outdoor camping supplies and campsites. The retreat room is available for rental. Evening rentals and programs based on staff availability.

Hours: Sunday - 12 - 8p.m.

Monday-Saturday: 8a.m. - 8p.m.

Call us for November hours.



## McFadden Community Center

*Reservations: 893-1802*

The McFadden Community Center is on 3 acres located at 211 Bridge Avenue. The McFadden Community Center includes a gymnasium, outdoor playground, community room, game room, arts and crafts room and is the home of the Bradley Nursery School and Rutherford County Food Bank. The gymnasium and game room are available for rental only on Saturdays and Sundays.

Hours: Monday-Friday 3-8p.m.



Visit

[www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks)  
for more information!



### Siegel Park

Reservations: 890-5333

The community park area at Siegel is located at 515 Cherry Lane. There are 3 picnic shelters. The 2 small shelters are first-come, first-serve. The large shelter is available for rental seven days a week, April-October. Restrooms are open year-round.

Shelter No. B	Seats Approx. 30
Shelter No. C	Seats Approx. 30
Shelter No. A	Seats Approx. 75

### Barfield Crescent Park

Reservations: 890-5333

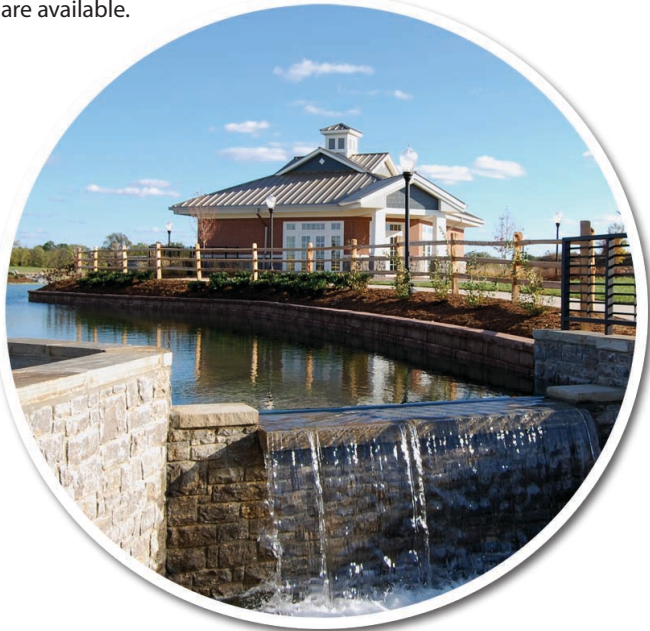
Barfield Crescent Park is a 430-acre +/- community park located at 697 Barfield Crescent Road in the southern area of Murfreesboro. Some of the amenities are: 2 playgrounds, walking/jogging trails, a frisbee (disc) golf course, volleyball net, horseshoes, and tetherball. Restrooms are located between #5 and #7. Pavilions 1,2,5,6,7 and 8 are available for rental seven days a week, April-October, with pavilions 3,4,9 and 10 available first-come, first-serve.

Shelters No. 1,5,6,8	Seat Approx. 100 each
Shelter No. 2	Seats Approx. 75
Shelter No. 7	Seats Approx. 312
Shelters No. 3, 4,9,10	Seat Approx. 24 each

### New! Gateway Island & Trail

Reservations: 890-5333

This latest addition to the Murfreesboro Greenway System showcases a state-of-the-art reception center, gazebo, cascading waterfalls, fountains and lake overlook. Adjacent to a lighted greenway section, the island is located conveniently to the Gateway local businesses. Reception Center includes a catering kitchen, multipurpose room (15-20 capacity) and restrooms that are accessible to the public during park hours. Half Day & Full Day rentals are available.



### General Bragg Trailhead

Reservations: 890-5333

The General Bragg Trailhead is located at 1450 W. College Street. Some of the amenities are: a trailhead for the Stones River Greenway, picnic shelter, playground and a dog park. Restroom is attached to the shelter.

1 Picnic Shelter	Seats Approx. 45
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### McKnight Park

Reservations: 890-5333

McKnight Park is an 81-acre community park located at 120 DeJarnette Lane in the northern area of Murfreesboro.

1 Picnic Shelter	Seats Approx. 80
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### Patterson Park

Reservations: 893-7439

Patterson Park consists of 10 acres and a 110,000 square foot facility located at 521 Mercury Blvd. The small shelter is first-come, first-serve. The large shelter is available for rental; please call 893-7439.

Large Shelter	Seats Approx. 100
Small Shelter	Seats Approx. 50

### Rogers Park

Reservations: 890-5333

Rogers Park is a 7.5-acre park located at the end of Hunt Street (1115 Hunt St.). The facility includes: a picnic shelter with restrooms and picnic tables, an octagon-shaped picnic shelter with tables, two tennis courts, two basketball courts, a walking/jogging track, a playground and an open play field. Both shelters are available daily for rentals, April-October. Restrooms closed November-March.

Shelter No. 1	Seats Approx. 80
Shelter No. 2	Seats Approx. 45

### Old Fort Park

Reservations: 890-5333

Old Fort Park is a 50-acre community park located at 1024 Golf Lane. Facilities include 3 picnic shelters (2 with restrooms), Kids' Castle Playground, concessions with bike and tennis rentals, 8 tennis courts, greenway access and open play space. Restrooms are located at shelter #3. Shelters are available daily for rental. Picnic tables without shelters located throughout the park are first-come, first-serve.

Shelters No. 1, 2	Seat Approx. 80 each
Shelter No. 3	Seats Approx. 120



Locations: 890-5333		Baseball / Softball Fields	Basketball	Camping	Bike Path	Fitness Center	Fishing	Concessions	Greenway Access	Hiking / Jogging	Horseshoes	Room Rentals	Picnic Shelter	Picnic Area	Playground	Racquetball	Canoe / Kayak Access	Soccer	Restrooms	Swimming	Tennis	Volleyball	
Patterson Park & Community Center			■			■						■	■						■	■			
Sports*Com / McKnight Park	■	■	■									■	■						■	■	■		■
McFadden Community Center			■									■								■			
Wilderness Station				■			■					■	■	■						■			
Cannonsburgh Village									■				■							■			
Gateway Island										■										■			
Barfield Crescent Park	■	■	■	■	■		■			■			■	■	■					■			■
Bark Park - Off-leash dog park																							
Jaycees Mini-Park																							
Oaklands Park		■											■							■			■
Rogers Park			■							■			■	■	■					■		■	
Old Fort Park	■			■							■		■							■		■	■
Siegel Soccer & Community Park			■							■		■	■	■	■				■	■			■
Walter Hill Park							■							■									
West View Mini-Park			■										■		■								
Murfree Spring Wetlands					■														■				
Thompson Lane Trailhead					■		■		■	■							■		■	■			
Broad Street Trailhead				■			■		■	■													
General Bragg Trailhead				■			■		■	■			■		■				■	■			
Manson Pike Trailhead				■			■		■	■							■		■				
Redoubt Brannan Trailhead				■			■		■	■													
Old Fort Park Trailhead				■					■	■			■		■				■		■		
Fortress Rosecrans Trailhead				■			■		■	■													
Overall Street Trailhead				■					■	■													
Cannonsburgh Trailhead				■			■		■	■													

200 YEARS  
1811-2011

## Bicentennial Celebration

When the Tennessee legislature agreed on October 17, 1811, to establish Rutherford County's seat near where Lytle and Twin Creeks met, few dreamed it would become the metropolis it has become. Yet change it did, becoming known as Murfreesborough the next month on November 19, and, by the time it was chartered in early January of the following year, the name had been shortened to Murfreesboro. Now, 200 years later a celebration is being planned that will highlight the different themes, including important historical and cultural events, that have made Murfreesboro one of the largest cities in the State of Tennessee. Like Mayor Bragg has said many times before, come one and come all to celebrate Murfreesboro's 200th.

Beginning in October, each of the next 12 months have been assigned themes and are chaired by members of the steering committee. Themes include:

- \* **Our Heritage** in October, a time to reflect on the naming of a county seat in Rutherford County called Cannonsburgh, a settlement that would eventually become Murfreesboro
- \* **Our Beginnings** in November, a time to recognize local legislation such as the official name change to Murfreesborough and finally Murfreesboro early the following year
- \* **Our Teachers** in December, a time to remember the history of our schools, including Middle Tennessee State University, which now boasts the largest undergraduate population in the state
- \* **Our Healers** in January of 2012, the doctors, nurses and other medical persons who laid the groundwork for developing the medical services hub Murfreesboro has become, including its flagship facility, the new Middle Tennessee Medical Center (MTMC).
- \* **Our People**, February 2012, a time to recognize the influences our multicultural society has had on the way of life we now enjoy.
- \* **Our Military**, March 2012, a recognition of the military leaders our community has produced as well as the role our own Stones River National Battlefield played in the Civil War.
- \* **Our Faith**, April 2012, highlighting the role our churches of all faiths played during the early, hardscrabble years and the role they continue to play in the hearts and minds of our citizens. For example, and coincidentally, Murfreesboro's First Presbyterian Church was the first organized church in the town, so it is celebrating its Bicentennial at the same time.
- \* **Our Arts and Architecture**, May 2012, recognizing the architecture of our public square, our courthouse and Oaklands antebellum home are but two of many decidedly distinctive structures throughout the community.
- \* **Our Rivers, Roads and Rails**, June 2012, the importance of these early transportation systems that carried vital supplies to a growing but still fragile community.
- \* **Our Music**, July 2012, an event-filled month showcasing the role music played in our early development and the local, but mostly unknown, talent that continues to prove second to none in the country.
- \* **Our Stories**, August 2012, how newcomers -- we were all newcomers once -- were attracted to build their homes in our area and provide the backbone that supported a growing community.
- \* **Our Work**, September 2012, the commerce and century businesses that helped the fledgling community build its economic engine into one of the premier development sites in the state.
- \* and **Our Future**, October 2012, where the community is headed and what role it will play in the region's future.

### The City of Murfreesboro's Bicentennial Kickoff Celebration

The "Murfreesboro Bicentennial Kick-off Celebration" is an event to celebrate the city's 200th birthday. The celebration will include speakers, entertainment and, of course, birthday cake. For all ages on Monday, October 17, 2011.

Time: 11:30 a.m. – 1:00p.m.

Location: Civic Plaza

Fee: Free

Contact: MPRD, 890-5333

## Labor Day Pool Party

There is no better way to celebrate Labor Day than to listen to music, play games and relax by the pool. Join us at the Sports\*Com outdoor pool to the end of the summer! We will have music, games, prizes and free water exercise demonstrations.

Ages: All Ages  
 Date: September 5, 2011  
 Day: Monday  
 Time: 10:00 a.m. – 4:30p.m.  
 Location: Sports\*Com Outdoor Pool  
 Fee: Sports\*Com Water Park Admission  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov



## Fall Harvest Hayride

*HAYRIDES - LIVE MUSIC - CAMPFIRE - CHILDREN'S ACTIVITIES - HOT DOGS, MARSHMALLOWS, AND MORE!*

Join the Friends of the Greenway and Murfreesboro Parks and Recreation Department for this 13th annual event. Old-fashioned entertainment that is fun for the whole family.

Ages: All  
 Date: Friday, October 21, 2011  
 Time: 5:00 - 8:00 p.m.  
 Location: General Bragg Trailhead  
 Fee: \$2 per person, ages 2 and under are free. This includes a hayride and marshmallows, additional food sold separately.  
 Contact: Melinda Tate, 893-2141, mtate@murfreesborotn.gov



## The Friends of the Greenway presents: Greenway Art Festival

A gathering of the finest artisans in Tennessee! Artists will be displaying and selling their works along the trail: oils, acrylics, watercolors, pottery, silversmithing, sculpture, glass, and more. Trailside music, food vendors, and activities for children will make this an artistic outing for the whole family. Artists: This is a juried festival. Please contact us for an application.

Ages: All  
 Date: Saturday, September 17, 2011  
 Time: 10 a.m. – 4 p.m.  
 Location: Old Fort Park  
 Fee: Free  
 Contact: Melinda Tate, 893-2141, mtate@murfreesborotn.gov







### Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your mark on a t-shirt as we tie-dye the night away! \*Please bring a white shirt to tie-dye.

Ages: 7-13  
 Date: October 21, 2011  
 Day: Friday  
 Time: 6 p.m. -10 p.m.  
 Location: Patterson Park Pool  
 Fee: \$5 preregistration. \$7 day of program.  
 Contact: Niki Hensley, 893-7439, nhensley@murfreesborotn.gov

### Preschool Pumpkin Patch

Join Mrs. Trina for a non-scary special event just for the little trick-or-treaters. Come dressed in your most scary or non-scary costume for an evening of games, activities, a cakewalk and a costume contest.

Ages: 2-5  
 Day(s): Friday  
 Dates: October 28  
 Time: 5-7 pm  
 Location: Patterson Gym  
 Fee: \$3:00/child  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov

### Harvest Days and Bicentennial Celebration

Come celebrate Fall in true pioneer fashion with old-time music and dance, hayrides, pottery demonstrations, broom making, blacksmithing, art and antique auto exhibits. We will also have activities to celebrate the City of Murfreesboro's Bicentennial. Shop from over 40 local crafters and food vendors.

Ages: All  
 Date: October 22, 2011  
 Day: Saturday  
 Time: 10am until 5pm  
 Fee: Free Admission  
 Contact: Cannonsburgh Village, 890-0355



## Halloween Carnival at the Halloween Barfield Bash

It's an evening for all the goblins, ghouls, princesses, princes, and their friends. Games, prizes, face painting, costume contest, cake walks, and more.

Concessions will be available for purchase.

Ages: All ages  
 Date: October 28 & 29, 2011  
 Day: Friday & Saturday  
 Time: 5:00 – 9:00 p.m.  
 Location: Barfield Crescent Park  
 Fee: 50 cents per ticket; 1 ticket per game;  
 1 ticket per contest  
 Contact: Main Office,  
 890-5333



## Senior Citizens, IT'S A CARNIVAL!

We're going to enjoy the carnival before it opens for the kids. Bring your carnival skills to play the games! Prizes provided. Make your reservation by calling St. Clair Street Senior Center, 848-2550; sign up for lunch at the same time. Lunch provided by Mid-Cumberland Nutrition. Deadline is Wednesday, October 13, 2011.

Ages: 60+  
 Date: October 27, 2011  
 Day: Thursday  
 Time: 11:00 a.m. to 2:00 p.m.  
 Location: Barfield Crescent Park  
 Fee: None. Registration required and includes lunch: call 848-2550  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

## Barfield Halloween Bash



### Haunted Hayride

Wednesday, Thursday, Friday, &  
 Saturday  
 October 26-29, Dark to 9pm

**Old Scream Road-**  
 Murfreesboro's scariest hayride  
 ever! \$5 per person.

### Not-So-Haunted Hayride

Friday & Saturday  
 October 28 & 29, 5-7pm

A happy hayride in the backcountry-  
 fun for the whole family! \$3 per  
 person.

### Carnival

Friday & Saturday  
 October 28 & 29, Starts at 5pm

Games-Prizes-Costume Contests-Candy-Food-  
 Music-Contests  
 Free admission. Fees for food & game tickets.



## PATTERSON PARK POOL SCHEDULE

Activity	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
*Lap Swim	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-8:45p.m.	6a.m.-12:45p.m. / 2-6:30p.m.	9a.m.-12p.m.	N/A
Anchored Down Aqua	8-9a.m.	8-9a.m.	8-9a.m.	N/A	N/A
Squeaks n' Creaks	9-10a.m.	9-10a.m.	9-10a.m.	N/A	N/A
New! H2O Cardio Class	5:30-6:30p.m.	N/A	N/A	N/A	N/A
Rec Pool Play & Open Swim	10a.m.-12:45p.m. / 2-7p.m.** / 7-8:45p.m.	10a.m.-12:45p.m. / 2-7p.m. / 7-8:45p.m.	10a.m.-12:45p.m. / 2-6:30p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals	N/A	N/A	7-9p.m.	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Preschool (see page 12)	4-7p.m.	N/A	N/A	9a.m.-12p.m.	N/A

\*Lap lane availability will vary on the time of day. 6-8a.m. is dedicated to lap swim only. All other times, there are 2-3 lanes available at first-come, first-served.

### \*\*Rec Pool Play & Open Swim:

The water slide and water playground are open play. The lap lanes are reserved for lap swimming and individual water exercise. On Mondays & Wednesdays, 3:30-7p.m., the number of swimmers allowed during rec pool play may be limited due to swim lessons. It is advised to check the swim lesson schedule on page 12 for dates of possible early closings.

### Anchored Down Aqua:

This class targets everyone with an action-packed workout for the abdominal and gluteal areas. Progressive water exercises are programmed to strengthen, define, and tone!

### Squeaks n' Creaks:

An arthritis-based water exercise class offering an impact-free method of exercise for affected joints and muscle groups requiring that special touch. Cardio work is not omitted from this class. Perfect for the beginner or a back-to-fitness exerciser.

### New! H2O Cardio Class:

It is a low impact, fast paced class aimed to up your heart rate and burn those calories off. Don't be fooled though, after your cardio section there will be time to target the abs, tone your arms and lift that bottom with special moves that only the water allows.





## SPORTS\*COM INDOOR POOL SCHEDULE

Activity	Monday, Wednesday & Friday	Tuesday & Thursday	Saturday	Sunday
Lap Swim	6-8a.m. / 11a.m.-1p.m. / 3-6p.m. (1 lane)	6-8a.m. / 11a.m.-1p.m. / 3- 6p.m. (1 lane)	8a.m. - 12p.m.	N/A
Shallow H2O Exercise	8-9a.m. / 6-7p.m.	8-9a.m.	N/A	N/A
Gentle Joints	9-10a.m.	N/A	N/A	N/A
Deep H2O Exercise	10-11a.m.	9-10a.m. / 4:30-5:30p.m. / 6-7p.m.	8:30-9:30a.m.	N/A
Toning	N/A	5:30-6:00p.m.	N/A	N/A
Individual Rehab	10-11a.m.	9-11a.m.	N/A	N/A
Open Swim	3-6p.m. / 7-8:45p.m.	7-8:45p.m.	1-4:30p.m.	1-4:30p.m.
Pool Rentals 895-5040	N/A	N/A	12-1p.m. / 5-7p.m.	5-7p.m.
Swim Academy (See page 12)	N/A	4-6p.m.	9a.m. - 11a.m.	N/A

**Shallow H2O Exercise:**

A moderate-to-high cardio workout, abdominals and muscle conditioning in the shallow end of the indoor pool.

**Gentle Joints:**

A perfect class for those who require impact-free exercise while increasing strength and balance. Work through a full range of motion for flexibility benefits. Great for those with limitations such as arthritis, orthopedic problems, fibromyalgia, and for beginning exercisers. Takes place in the shallow end of the indoor pool.

**Deep H2O Exercise:**

Knowledge of swimming is not required. Using hip flotation belts, this great workout develops aerobic endurance and muscle conditioning. Perfect for those with impact limitations!

**Toning:**

This class is for participants who are seeking more strength and toning than offered in our other classes, focusing on a total-body strength workout on abs, upper and lower body! Stay after the 4:30-5:30pm class or come early for the 6:00-7:00pm class.



### Labor Day Pool Party

There is no better way to celebrate Labor Day than to listen to music, play games and relax by the pool. Join us at the Sports\*Com outdoor pool to the end of the summer! We will have music, games, prizes and free water exercise demonstrations.

Ages: All Ages  
 Date: September 5, 2011  
 Day: Monday  
 Time: 10:00 a.m. – 4:30 p.m.  
 Location: Sports\*Com Outdoor Pool  
 Fee: Sports\*Com Water Park Admission  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov

### American Red Cross Lifeguard Class

Learn skills and knowledge to prevent and respond to aquatic emergencies. Prerequisites: 500 yd Swim & 20 yd brick retrieval. Upon passing, candidates will be certified in Lifeguarding & First Aid, CPR/AED for the professional rescuer & Oxygen Administration.

Ages: 15 +  
 Dates: September 22 – 25, 2011  
 Days: Thursday, Friday, Saturday, and Sunday  
 Times: 5:00 – 9:00 p.m., 5:00 – 9:00 p.m., 8:00 a.m. – 5:00 p.m., & 1:00 – 5:00 p.m.  
 Location: Sports\*Com  
 Fee: Call for information  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov  
 \*\*Registration is Required

### Swim Preschool

Even though summer has come and gone, water safety should still be a top priority. Make sure your children are developing and continually improving their water skills. Enroll them in The Swim Preschool of Murfreesboro to ensure they have knowledge of the water that is sure to last a lifetime. Our classes are based on the American Red Cross Learn-to-Swim program.

-Monday & Wednesday classes will run for 3 weeks meeting twice a week, each class being 30 minutes.

(Mondays & Wednesdays / Classes begin from 3:50 p.m. - 7 p.m. or 8 - 10 a.m.- depending on level)

-Saturday classes will run for 4 weeks each class being 45 minutes.

(Saturdays / Classes begin from 8:00 a.m. – 12p.m. depending on level)

Ages: 6 months to 4 years  
 Location: Patterson Park Community Center  
 Fee: \$60  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov  
 \*\* Registration is required

### Swim Academy

Is your child prepared to enjoy long days at the pool? Enroll them in The Swim Academy of Murfreesboro today to ensure their trips to the pool are safe. Our classes are based on the American Red Cross Learn-to-Swim program.

Ages: 5-12 & 18+  
 Dates: Please call for current openings  
 Days: Tuesday / Thursday (afternoons) OR Saturday (mornings)  
 Location: Sports\*Com Indoor Pool  
 Fee: \$60  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov  
 \*\*Registration is required\*\*

Fall is the  
 best time  
 to learn to  
 swim!





## Water Polo

Are you looking for a unique way to get an intense workout? Come play water polo on Tuesday nights! This is an activity designed for swimmers who are comfortable in the deep end of the pool.

Ages: 13+  
 Dates: Ongoing  
 Day: Tuesdays  
 Time: 7:00 p.m. – 8:45 p.m.  
 Location: Sports\*Com Indoor Pool  
 Fee: General Admission (\$3 Adults / \$2 Youth & Seniors)  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov

## Spooky Splash!

Come join us at the pool for a spookin' good time! There will be open swim, craft time, pizza, and pudding surprise. Make sure you are ready to find what might be hidden in the pudding and come prepared to leave your mark on a t-shirt as we tie-dye the night away! \*Please bring a white shirt to tie-dye.

Ages: 7 -13  
 Date: October 21, 2011  
 Day: Friday  
 Time: 6 p.m. -10 p.m.  
 Location: Patterson Park Pool  
 Fee: \$5 preregistration. \$7 day of program.  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov

## Morning Water Aerobics

If you're looking for a great way to get in shape this fall and a great way to have fun at the same time, then join us for a water exercise class. Whether you are a fit being, looking for a challenge or recovering from a surgery or suffering from arthritis, we have something for you. The 8 am class is an intense workout that will get your day started off right, while the 9am class will soothe your joints and inspire you to spend more of your mornings in the pool because of how good you will feel afterwards!

Ages: All  
 Days: Monday – Friday  
 Time: 8 a.m. & 9 a.m.  
 Location: Patterson Park Pool  
 Fee: \$4.00 or premium pass  
 Contact: Niki Hensley, 895-5040, nhensley@murfreesborotn.gov

### Topic of the Season:

What is the difference between shallow and deep water exercise? Is one more difficult than the other?

In shallow-water aerobics, you stand in waist to chest-deep water. Typical moves include many that are familiar to studio-aerobics, such as marching, stretching, circling your arms, bending your knees and swinging your legs.

A deep-water workout, on the other hand, is done in water over your head. A flotation device is worn to keep your head above water and your body upright. Jumping jacks, jogging, cycling or cross-country skiing actions are all features of deep-water workouts. These can be more difficult than shallow-water ones as they put more demands on both your cardiovascular system and your balance.







## Murfreesboro Parks and Recreation Department Youth League Basketball Sign-ups

Boys & Girls Ages 5-15

Monday-Friday October 3, 2011– October 31, 2011  
8a.m-8p.m. Sports\*Com  
8a.m-8p.m. Patterson Community Center

Monday-Friday October 3, 2011– October 31, 2011  
8a.m-4p.m. Barfield Main Office

Saturdays Oct 1, Oct 8, Oct 15, Oct 22, 2011  
10a.m.-1p.m. Sports\*Com

Cost: \$50.00 per player  
Age Cutoff Date: December 31, 2011 Proof of age required.

Additional Information:  
Athletics Division @ 907-2251

E-Mail: [athletics@murfreesborotn.gov](mailto:athletics@murfreesborotn.gov)

## Homeschool P.E.

Homeschool P.E. is for children from 1st – 9th grade to participate in physical education activities. Space is limited to 25 children per class, so please call 893-7439 in advance to reserve your spot. Children under the age of 8 must have a parent/legal guardian present at all times. Minimum of 4 children required to hold a class.

Ages: 1st – 9th grade  
 Date: September - November  
 Day: Monday, Tuesday, Wednesday and Thursday  
 Time: 1 pm – 2 pm  
 Location: Patterson Park Community Center  
 Fee: \$3 per child or Premium Admission  
 Contact: Ralph Buckingham, 893-7439

## Home School P.E.—8th-12th Grades

This 45-minute class will focus on teaching students the skills needed to make physical activity a part of their everyday lives. Students will learn fundamentals of weight-lifting and how to use the facility's weight equipment as well as how to choose and design personal cardiovascular programs.

Ages: 13 to 17  
 Date: September 6 –Dec. 15, 2011  
 Day: Tuesdays and Thursdays  
 Time: 2:00-2:45  
 Location: Sports\*Com Weight Room  
 Fee: Premium Pass--Students must preregister by Sept. 2, as space will be limited to insure quality instructor/student time.  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)



## Youth Volleyball

Bump, set and spike it at Sports\*Com, as qualified coaches give instruction on every aspect of the game. From beginners to advanced players, youth volleyball athletes in middle school and high school will get the opportunity to develop and refine their skills.

Ages: 9 - 17  
 Dates: Thursdays  
 Time: 4:30 to 6:00 p.m.  
 Location: Sports\*Com  
 Fee: \$3 per visit  
 Contact: Thomas Laird, 867-4913, [tlaird@murfreesborotn.gov](mailto:tlaird@murfreesborotn.gov)

## Why Homeschool P.E.?

*"Physical education plays a critical role in educating the whole student. Research supports the importance of movement in educating both mind and body. Physical education contributes directly to the development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The benefits of physical education can affect both academic learning and physical activity patterns of students. The healthy, physically active student is more likely to be academically motivated, alert, and successful."*

**-National Association for Sport & Physical Education**







## Sports\*Com Adult Basketball

Looking for a little more organization in your pickup games? Adult 30+ Basketball is the solution. While playing on a smaller court players experience pickup style basketball with officials and scorekeepers. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so don't let that discourage you.

Ages: Adults  
 Dates: Wednesdays beginning in September, 2011  
 Time: Games will begin at 6:00, 7:00 and 8:00 P.M.  
 Location: Sports\*Com  
 Fee: \$3 per visit per person  
 Contact: Thomas Laird, 907-2251, [tlaird@murfreesborotn.gov](mailto:tlaird@murfreesborotn.gov)

## Fall Adult League Basketball

Fall Adult League Basketball is designed for adults, who are 18 years of age and older, to compete against others in about a seven-week season with a single elimination tournament at the end of the season. Each player will pay \$4 or premium admission each night of play. Space is limited to eight teams.

Ages: 18 and up  
 Date: Sign-ups: July 25 – August 22 (or until full)  
 League Play: Tentative Start Date September 6  
 Day: Tuesday and Thursday nights  
 Time: Games are either 6:30 or 7:30 p.m.  
 Location: Patterson Park Community Center  
 Fee: \$4 per player or Premium Admission  
 Contact: Mike Philpott, 907-2251, [mphilpott@murfreesborotn.gov](mailto:mphilpott@murfreesborotn.gov)



## Adult Recreational Coed Volleyball League

The Recreation Department offers recreational volleyball for those players who are out to have fun. The league plays at Patterson Park on Monday nights in a laid-back atmosphere. Social interaction and fun are a big part of the league. Teams wanting to get in the league can call the contact information below. We usually have room for individuals without a team, so please call and let us know you're interested.

Ages: Adults  
Dates: Mondays beginning in Sept. 2011  
Time: Games will begin at 6:00, 7:00 and 8:00 P.M.  
Location: Patterson Park  
Fee: \$4 per visit per person or premium pass  
Contact: Thomas Laird, 907-2251, [tlaird@murfreesborotn.gov](mailto:tlaird@murfreesborotn.gov)



## Adult Power Coed Volleyball League

Murfreesboro Parks and Recreation offers competitive volleyball for those players who have experience with the game. The league plays at Sports\*Com on Thursday nights and the competition is stiff. Teams wanting to get in the league can call the contact information below. Experienced players without a team should contact us, and we will try to get you involved.

Ages: Adults  
Dates: Thursdays beginning in September 2011  
Time: Games will begin at 6:00, 7:00 and 8:00 P.M.  
Location: Sports\*Com  
Fee: \$4 per visit per person or premium pass  
Contact: Thomas Laird, 907-2251, [tlaird@murfreesborotn.gov](mailto:tlaird@murfreesborotn.gov)



## Sunshine Players

### SUNSHINE PLAYER MISSION

The Sunshine Players believes that the Arts are fundamental to a well-rounded childhood experience and is committed to providing quality children's drama education to the community. The Sunshine Players is a place where children and youth can cultivate imagination, self-expression and teamwork while learning the importance of discipline, self-confidence and a belonging to the community. We believe that the process is as, if not more, important as the outcome of the final production. Designed for children and youth between the ages of four and seventeen, the Sunshine Players produces a minimum of four productions per season. This is our 22nd season.

### SUNSHINE PLAYER MEMBERSHIP

The Sunshine Players is a membership group. Membership is \$30.00 per fiscal year. City residents who receive financial assistance at school are eligible for financial assistance for membership.

Each member gets free acting lessons, a chance to be in at least one production, discount tickets to shows they are not in, a membership t-shirt, talent showcases, film workshops, special theatre nights, and an Awards and Recognitions Dinner.

Membership is divided into two divisions - Junior (ages 4-10) and Senior (ages 11-17). Whatever age you are (or will be) as of December 31, 2011, decides the division you will go into. For example, if you are 10 in July but will turn 11 in October, you will be considered a Senior for the purpose of Acting Classes and Awards. If you do not turn 11 until February, you will be considered a Junior for the remainder of the season.



### SUNSHINE PLAYER ACTING CLASSES

Acting classes are divided into sessions. Each session is approximately six weeks in length and is followed by a Showcase/Performance.

Members may sign up for any session but may not join in the middle of a session. Members may attend all six sessions or the ones that best fit their schedules.

Juniors (ages 4-10) meet on Mondays from 5:30 - 6:15 p.m. Mr. Justin Bourdet is the lead instructor.

Seniors (ages 11-17) meet on Tuesdays from 5:30 - 6:15 p.m. Ms. Elizabeth Williams is the lead instructor.

#### Session II

September 12/13 - Oct. 31/Nov. 1

Showcase Performance

Friday, November 4 / 7:00 p.m.

#### Session III

Nov. 14/15 - Dec. 12/13

Showcase Performance

Saturday, December 17 / 10:00 a.m.





## Sunshine Player Productions

### A SUNSHINE PLAYER CHRISTMAS

Auditions - October 16-17, 2011

Show Dates - December 16-18, 2011

Our productions are for our members. Each member may audition for any production (unless there is an age requirement). Not all members who audition will necessarily be given a part. Some productions only allow for a certain number of cast members, like Cinderella and the Ransom of Red Chief. However, we can take several for A Sunshine Player Christmas and What About those Girls! If you want stage time, the Acting Classes offer the best solution for that!

Dates are subject to change. Always look at the information on the audition sheet. Those dates will be more accurate.

Tickets go on sale at least two weeks prior to a production. Most shows are \$7.50 for adults, \$6.00 for seniors and youth and \$3.00 for members.

Times: Auditions: 2:00 p.m. on Sundays / 6:30 p.m. on Mondays  
Performances: 7:00 p.m. on Friday and Saturday / 2:00 p.m. on Sundays  
Location: The Theatre at Patterson Park  
Fee: \$30.00 membership for participants  
Tickets: \$7.50 adults, \$6.00 youth and seniors  
Contact: Terry Ann Womack, 893-7439, [twomack@murfreesborotn.gov](mailto:twomack@murfreesborotn.gov)





### Wee Play

New at Patterson Park, a program just for the “wee” ones, those children two years old and younger. Instructor-led activities will include puppets, instruments, a parachute, crafts and story time. These sessions offer young children the opportunity to interact with children the same age while mom or dad is still close by.

Ages: 1 1/2 - 2 years  
 Day(s): Mondays  
 Dates: September-November  
 Time: 10:00-10:45 am  
 Location: Patterson Park Community Center  
 Fee: Free with premium pass or \$3.00  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov



### A, B, C, 1, 2, 3... Let's Go

This program offers a variety of programs that appeal to toddlers and preschoolers. We will sing songs, have active and passive games, a story, a short lesson (letter or number), and do a craft! Hold on, because this program moves fast (almost as fast as your toddler does)! Registration required.

Ages: 2-5 years  
 Day(s): Every Tuesday and Thursday  
 Dates: September-November  
 Time: 10:00-10:45a.m.  
 Location: Patterson Park Community Center  
 Fee: Free with premium pass or \$3.00  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov



### Tumbleweeds

Kids learn the basic techniques of tumbling along with improving their balance, coordination, and overall fitness level. You must call the morning of class to reserve your spot—space is limited.

Ages: 3-5  
 Days: Mondays & Wednesdays  
 Time: 10:30-11:15 a.m.  
 Location: Sports\*Com Aerobic Room  
 Fee: \$3.00 or premium pass. Preregistration is required.  
 Contact: Allison Davidson, 895-5040, adavidson@murfreesborotn.gov

### Busy Bees

This great toddler class focuses on following directions, participating in a group environment, improving coordination and practicing good sportsmanship. Call ahead to reserve your spot!

Ages: 3-5 years  
 Days: Tuesdays & Thursdays  
 Time: 10:45-11:15a.m.  
 Location: PPCC Aerobics Room  
 Fee: \$3.00 or premium pass  
 Contact: Chad Hill, 893-7439

### Toddler Time with Thomas

Little kids love to play and have fun. That's what they do while learning to wait their turn, follow directions and work together to accomplish simple goals. The focus is on body part recognition, cognitive skill development and, of course, FUN.

Ages: 5 and Under  
 Dates: Fridays  
 Time: 10 a.m.  
 Location: Sports\*Com  
 Fee: \$3 per visit  
 Contact: Thomas Laird, 907-2251, tlaird@murfreesborotn.gov

## Preschool Pumpkin Patch

Join Mrs. Trina for a non-scary special event just for the little trick-or-treaters. Come dressed in your most scary or non-scary costume for an evening of games, activities, a cakewalk and a costume contest.

Ages: 2-5  
 Day(s): Friday  
 Dates: October 28  
 Time: 5-7 p.m.  
 Location: Patterson Gym  
 Fee: \$3:00/child  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov

## Harvest Time Tea Party

The weather is changing. It's time to bring out your favorite warm clothes. Wear your favorite sweater and let's get cozy with a cup of hot tea and fall-themed goodies, including crafts and games.

Ages: 3-10  
 Day(s): Saturday  
 Dates: October \*  
 Time: 11a.m. - 12:30 p.m.  
 Location: GED room  
 Fee: \$3:00/child  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov  
 Class is limited to 15. (Registration required)

## Winter Wonderland Tea Party

During this winter's chilly season, take time out to enjoy a cozy cup of tea with friends at our Winter Wonderland Tea Party at Patterson Park Community Center. Wear your favorite holiday dress for this special event. Girls will enjoy a variety of festive activities and make a holiday craft.

Ages: 3-10  
 Day(s): Saturday  
 Dates: December 10  
 Time: 11a.m. - 12:30 p.m.  
 Location: GED room  
 Fee: \$3:00/child  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov  
 Class is limited to 15. (Registration required)

## Gymboree

Bring your little one to Patterson Park Community Center every Wednesday morning to burn off energy during the cold fall and winter months. Many types of activities geared toward preschool-aged children will be made available. It will be a fun time to play and make new friends. An adult must accompany all children.

Ages: 3-5  
 Day(s): Mondays  
 Dates: September-November  
 Time: 11:00 a.m. -12:00 p.m.  
 Location: Patterson Gym  
 Fee: \$3:00/child  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov

## Trike & Bike Rally

Start your engines and bring your wheels to the Patterson Park Community Center for the Trike and Bike Rally. Bike safety, obstacle course, Any and all bikes are welcome including Big Wheels, tricycles and bikes with training wheels. Don't forget; helmets are required for participants, and children must be accompanied by an adult.

Ages: 3-5  
 Day(s): Saturday  
 Dates: September 17  
 Time: 10:00 a.m. - 12:00 p.m.  
 Location: Patterson Gym  
 Fee: \$3.00/child (keep your band and swim after lunch)  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov





### 4-H with Mr. Shirley

Michael Shirley of the Rutherford County Extension Service will lead youth in various educational programs based on science, engineering and technology. Such classes will include food science, bridge building, GPS location plus lots more interesting topics and activities.

Ages: 8 – 12 years of age  
 Day(s): Second Wednesday of each month  
 Dates: September-April  
 Time: 4:00-5:00 p.m.  
 Location: PPCC Arts and Crafts Room  
 Fee: Free  
 Contact: Trina Pullum, 893-7439, [tpullum@murfreesborotn.gov](mailto:tpullum@murfreesborotn.gov)



### Sunday Fun Fall and Halloween Decorations

Ages: Families (including single parents and extended families)  
 Date: October 16, 2011  
 Day: Sunday  
 Times: 2:00 – 4:00 p.m.  
 Location: Patterson Community Center  
 Fee: A bag of nonperishable food items per family  
 Contact: Marlane Sewell, 893-2141, [msewell@murfreesborotn.gov](mailto:msewell@murfreesborotn.gov)

### Make a Present for a Friend

Please bring a bag or two of plastic or glass beads. MPRD will provide the tools, ideas, and findings.

Ages: Families (including single parents and extended families)  
 Date: November 20, 2011  
 Day: Sundays  
 Times: 2:00 – 4:00 p.m.  
 Location: Patterson Community Center  
 Fee: A bag of nonperishable food items per family  
 Contact: Marlane Sewell, 893-2141, [msewell@murfreesborotn.gov](mailto:msewell@murfreesborotn.gov)





## Cannonsburgh Village . . .

The original name of Murfreesboro, Cannonsburgh welcomes visitors to a southern-style village, circa 1800-1925. Located at 312 S. Front Street in Murfreesboro, TN. Cannonsburgh is ADA accessible. Displays include early American trades, museums, period homes, a large collection of tractors and farm implements, visitor center and period gifts.

Village and Office Hours: Open Tuesday through Saturday, 9 a.m. – 4 p.m. Sunday, 1 p.m. – 4 p.m. Closed Monday. Grounds are open all year.

The Williamson Chapel, Leeman House and Gazebo are available for weddings and receptions on weekdays and weekends. Cannonsburgh is also available for company picnics, social gatherings or themed events. Call Tuesday through Saturday, 9 a.m. – 4 p.m. for rental fee and day/time availability at 615-890-0355.



## Winter Tea Party at Cannonsburgh Village

Reserve your spot now, as space is limited for our Winter Tea Party. Come celebrate the arrival of Winter in your finest attire. Refreshments will be served and enjoy a fun craft. Reservations required.

Ages: 4 to 10  
 Date: Sunday, November 27, 2011  
 Day: Sunday  
 Times: 1pm until 2pm & 3pm until 4pm  
 Location: Cannonsburgh Village  
 Fee: \$2.50/person plus \$1.50/person Activity Fee  
 Contact: Cannonsburgh Village, 890-0355. Reservations Required

## Third Friday Outdoor Concert at Cannonsburgh Village

Bring your lawn chairs and enjoy our free outdoor concerts featuring The Hands of Time Bluegrass Band and other local bands.

Ages: All  
 Dates: September 16th through October 21st  
 Day: Fridays  
 Time: 7 pm until 9:30 pm  
 Fee: Free  
 Contact: Cannonsburgh Village, 312 S. Front St., 890-0355

## Fall Lantern Tour of Cannonsburgh Village

Come explore the historic buildings at Cannonsburgh Village, while learning the stories behind them. The tour will be conducted by a costumed tour guide, and the buildings will be open for viewing. Reservations Required.

Ages: All  
 Date: October 7, 2011  
 Day: Friday  
 Time: 7:00 pm  
 Fee: \$2.50 per person  
 Contact: Cannonsburgh Village, 890-0355. Reservations Required.

## Harvest Days and Bicentennial Celebration

Come celebrate Fall in true pioneer fashion with old-time music and dance, hayrides, pottery demonstrations, broom making, blacksmithing, art and antique auto exhibits. We will also have activities to celebrate the City of Murfreesboro's Bicentennial. Shop from over 40 local crafters and food vendors.

Ages: All  
 Date: October 22, 2011  
 Day: Saturday  
 Time: 10am until 5pm  
 Fee: Free  
 Admission  
 Contact: Cannonsburgh Village, 890-0355



### Community Bingo

Join other adults for a lively game of Bingo. Small prizes are awarded along with a Grand Prize drawing at the conclusion of the game. Your Bingo admission will also allow you to visit the Game Room for a game of pool or walk the fitness track. What a value!

Ages: Adults and Seniors  
 Day(s): Third Wednesday of each month  
 Dates: September 21, October 19, November 16  
 Time: 10:00-11:00a.m.  
 Location: PPCC Dining Room  
 Fee: \$2.00, includes admission  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov

### Bingo!



### Patterson Park Senior Fellowship

Look forward to opportunities to learn new skills, be kept abreast of what is happening in your community; enjoy informative speakers on topics of interest to seniors, plus enjoy activities, food and lots of fun. Hosted by Vanderbilt University "Voices From Our America" and Trina Pullum.

Ages: Seniors  
 Day(s): The first and last Thursday of each month  
 Dates: September 1 & 22, October 6 & 27, November 3 & 17  
 Time: 12:00-1:30 pm  
 Location: Conference Room  
 Fee: Free  
 Contact: Trina Pullum, 893-7439, tpullum@murfreesborotn.gov

### BYO Salad Fixings and Cards

It's Bring Your Own ....salad fixings

We'll bring the lettuces and salad dressings; the St. Clair Street staff will bring the bowls, salad cheeses, and drinks. Please bring a salad item to feed 12 to 15 people. Dinner begins at 5:30 p.m. with card playing to begin around 6:30 p.m.

Ages: 60+  
 Date: September 8, 2011  
 Day: Thursday  
 Time: 5:30 to 9:30 p.m.  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Admission: Salad fixings for 12 to 15 people ( tomatoes, onions, olives, eggs, Garbanzo beans, sprouts, carrots, cucumbers, etc., or bring your own speciality salad.  
 Register by calling: 848-2550  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov





## Bead Buddies & "Loomy Birds"

We are adding beading to our Wednesday repertoire. Bring your current needlework project, knitting loom, or beads, wire, and jewelry tools, for an enjoyable and productive afternoon.

Ages: 60+  
 Date: September 7 thru November 30, 2011  
 Day: Wednesdays  
 Time: 1:30 – 3:30 p.m.  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Fee: None  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

## Jewelry Making

Bring two to three bags of beads that you would like to use. MPRD will bring some ideas, the tools, and findings. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+  
 Dates: September 12, 2011  
 Day: Mondays  
 Times: 1:00 to 4:00 pm  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Fee: None  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

## Friendly Plastic

See how this plastic strip can make some cool pins. Bring a hair dryer with you. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+  
 Dates: October 17, 2011  
 Day: Mondays  
 Times: 1:00 to 4:00 pm  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Fee: None  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov

## Fish Fry and Card Party

We'll fry the fish; you bring the dish. A side dish that is a salad, vegetable, dessert, or fruit for 10. Dinner begins at 5:30 p.m. with card playing to begin around 6:30 p.m.

Ages: 60+  
 Date: October 14, 2011  
 Day: Friday  
 Time: 5:30 to 9:30 p.m.  
 Location: St. Clair Street Senior Center; 325 St. Clair Street  
 Admission: Salad, vegetable, dessert or fruit for 10.  
 Register: By calling: 848-2550  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov



St. Clair Street Senior Center offers a variety of services, programs, and activities for individuals age 60 and over. The Center is open weekdays 8 a.m. to 4:30 p.m. and Saturdays 12:30 to 3:30 p.m. and special occasions. Phone: 848-2550

## Enameling

Terry Womack and staff return for enameling. Registration begins the first working day each month at St. Clair Street Senior Center. Space is limited to 15 per class.

Age(s): 60+  
 Dates: November 7, 2011  
 Day: Monday  
 Times: 1:00 to 4:00 pm  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Fee: None  
 Contact: Marlane Sewell 615-893-2141, msewell@murfreesborotn.gov

## Senior Wellness Expo

St. Clair Street Senior Center is changing their fall health fair to an all-out Wellness Expo. Come check out the offerings of the Murfreesboro Parks & Recreation Department throughout the city that can help keep you mentally and physically fit.

Ages: 60+  
 Date: September 27, 2011  
 Day: Tuesday  
 Time: 9:00 a.m. to 12:00 p.m.  
 Location: St. Clair Street Senior Center, 325 St. Clair Street  
 Fee: Free  
 Contact: Lisa Foster, 848-2550, lfoster@murfreesborotn.gov regarding the expo.  
 Allison Davidson, 895-5040, adavidson@murfreesborotn.gov or  
 Marlane Sewell, 893-2141, msewell@murfreesborotn.gov for information on MPRD offerings.



## Potluck & Bingo

It's potluck for dinner. MPRD furnishes the meat and seniors provide the sides. Admission is salad, vegetables, dessert, or fruit for 10. and a wrapped bingo prize. Dinner begins at 5:30 p.m.; Bingo begins at 6:45 p.m.

Ages: 60+  
 Date: November 15, 2011  
 Day: Tuesday  
 Time: 5:30 to 8:00 p.m.  
 Location: Hosted by St. Clair Street Senior Center; 325 St. Clair Street  
 Admission: Wrapped Bingo prize (valued under \$10.00) and salad, vegetable, desert, or fruit to serve 10 people.  
 Register by calling: 848-2550  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov



## Birthday Booosh...

Wear a costume or bright colors for the party. You are the party decorations!

Cake donated by Dream Cakes. Cosponsored by MPRD and St. Clair Street Senior Center. Please make reservations by calling 848-2550. Space is limited.

Ages: 60+  
 Date: October 31, 2011  
 Day: Monday  
 Time: 9:00 to 11:00 a.m.  
 Registration: 848-2550  
 Location: St. Clair Street Senior Center; 325 St. Clair Street  
 Fee: None  
 Contact: Marlane Sewell, 893-2141, msewell@murfreesborotn.gov or  
 Brenda Elliott, 848-2550, bellott@murfreesborotn.gov



### St. Clair Classics September Dance

Enjoy an evening of dancing to the music of the Bill Sleeter Trio.  
Admission is \$5.00 per person at the door.

Ages: 60+  
Date: September 16, 2011  
Day: Friday  
Time: 7:00 to 10:00 p.m.  
Location: St. Clair Street Senior Center, 325 St. Clair Street  
Fee: \$5.00 at the door  
Contact: Brenda Elliott, 848-2550, bellott@murfreesborotn.gov

### St. Clair Classics

### October Halloween Dance

Enjoy an evening of dancing to the music of the Debbie Bailes Trio.  
Admission is \$5.00 per person at the door.

Ages: 60+  
Date: October 22, 2011  
Day: Saturday  
Time: 7:00 to 10:00 p.m.  
Location: St. Clair Street Senior Center, 325 St. Clair Street  
Fee: \$5.00 at the door  
Contact: Brenda Elliott, 848-2550, bellott@murfreesborotn.gov



### St. Clair Classics

### November Thanksgiving Dance

Enjoy an evening of dancing to the music of the Nashtones.  
Admission is \$5.00 per person at the door.

Ages: 60+  
Date: November 12, 2011  
Day: Saturday  
Time: 7:00 to 10:00 p.m.  
Location: St. Clair Street Senior Center, 325 St. Clair Street  
Fee: \$5.00 at the door  
Contact: Brenda Elliott, 848-2550, bellott@murfreesborotn.gov



## Animal Encounters

What is that crawling, slithering, sliding, flying, and hopping across the trail or even in your backyard? Each week we will look at one of our resident education animals for a mini lesson of animals that call Tennessee home. Come out and meet the best teachers we have – the animals!

Ages: All  
 Day: Saturdays in September and November  
 \*\*No Animal Encounters: September 17th and November 5th \*\*  
 Time: 1:30 – 2 p.m.  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Wilderness Station, 217-3017.

## Wild Things

Frogs, birds, and bugs...oh my! Salamanders, snakes, and squirrels that fly! Toddlers learn to play and sing, and take home crafts with nature themes. Adventures made one-size fits all...so tots and parents can have a ball!

Ages: 1 – 4 years with adult  
 Day: Wednesdays  
 Time: 9:30 a.m. (Call on the Tuesday before for reservations.)  
 Location: Wilderness Station  
 Fee: \$3.00  
 Contact: Wilderness Station, 217 – 3017. Reservation required.

## Growing Up Wild

You asked for it and here it is...Has your toddler "graduated" from Wild Things and is looking for the next step? Growing Up Wild is an internationally used program developed by Project Wild that helps explore nature with young children to foster an interest and appreciation of wildlife and the natural world around them. Come join us for a Wild Time!

Ages: 3 – 6 years with adult  
 Day: Wednesdays  
 Time: 10:30 a.m. (Call on the Tuesday before for reservations.)  
 Location: Wilderness Station  
 Fee: \$3.00  
 Contact: Wilderness Station, 217 – 3017. Reservation required.





## Campfire Circle

Campfires are filled with magic and make great memories for families, couples, and individuals. Join us on a fun and memorable adventure and leave your worries at home. First, meander along a paved trail at twilight for a guided nature hike. Fall is a busy time for the animals as they have to make preparations for the long winter ahead. Learn how they are getting ready and what adaptations they have to help them survive. Arrive at the glowing fire for a tasty treat and then settle in for songs, skits, and friendships that ignite. It's fun for the whole family.

Ages: All  
 Dates: Saturdays, September 24th and October 8th  
 Time: 6:30 p.m.  
 Date: Saturday, November 19th  
 Time: 5:30 p.m.  
 Location: Wilderness Station  
 Fee: \$3.00  
 Contact: Wilderness Station, 217 – 3017. Reservation required.

## Wilderness Awareness Workshop

This program is required prior to camping at the Barfield Park Campground. This fun, light-hearted presentation is designed to include campground etiquette and Leave No Trace outdoor ethics. Please call for scheduled dates for your family or group at 217 – 3017.

## Family Campout

It's still backpacking but made as family-friendly as possible. Begin with an easy 1 mile hike in to the campground. Once there, park staff will be on-hand to help you set up and settle in. Various activities will be planned throughout the night for you to choose to participate in or just relax in front of the campfire. Dinner and breakfast will be provided and are included in your registration fee. Guided Night Hikes, Owl Prowls, Children's Activities and Games, Campfire Fun, and Music will make this camping experience a night to remember. Tents (2-person & 4-person), ground cloths, sleeping pads, and backpacks (available in both youth and adult sizes) are available by request when registering to camp. Don't forget to schedule your Wilderness Awareness Workshop when you register – this workshop is required before you camp.

### Menu –

Dinner: Hotdogs or Campfire Pita Pizza, chips, baked beans, drink  
 Dessert: S'Mores  
 Breakfast: Muffins, coffee, and orange juice  
 Ages: All  
 Dates: September 23rd  
 Check-in: Between 4:30 – 6:30 p.m. at the Wilderness Station  
 Location: Barfield Crescent Backcountry Campground  
 Fee: \$10.00 / Adult -- \$5.00 Children 5-12 – Children 4 and under are free with paying adult.  
 Contact: Wilderness Station, 217 – 3017. Reservation required.



## FREE Backpacks for Education!

The Greenway and Wilderness Station are now offering free educational backpacks for morning and afternoon checkout. These backpacks are a great way to introduce your children or students to nature. Whether you're a teacher or interested parent, our educational backpacks offer fun and learning to children of all ages. Each backpack has a theme and includes specific learning material and programs surrounding the theme. The themes are: Birds, Trees, Insects, and Wildflowers. So pick your favorite subject and get outside to explore and learn about Tennessee's beautiful wilderness. Backpacks may be checked out at the Wilderness Station at Barfield Crescent Park

### Turtle Searches

Calling all researchers – whether you are a junior scientist, senior scientist, animal lover, or interested citizen, join us as we continue our box turtle study right here in Murfreesboro. These lovable reptiles are losing ground and listed as a species of concern in Tennessee due to habitat loss and being taken as household pets. Now is your chance to be a part of a research team to collect data on this important species and make a difference! Participate in one or as many as you wish. Information on the box turtle and instructions will be provided upon arrival.

Note: This is an off-trail experience in the woods; please wear long pants and closed-toed shoes or boots. Bug spray and water are recommended.

This program may also be scheduled for small groups, clubs, or scouts.

Ages:	8 and up
Dates/Locations:	Tuesday, September 13th, at the Wilderness Station Tuesday, September 27th, at the Nickajack Wetland
Time:	9 a.m.
Fee:	Free
Contact:	Rachel Singer, 217 – 3017, <a href="mailto:rsinger@murfreesborotn.gov">rsinger@murfreesborotn.gov</a>



### Homeschool in the Wilderness

Supplement your homeschooler's science curriculum with this in-depth, 8-month program. We will explore a new topic each month through hands-on experiments, live observations, interpretive hikes and group discoveries. Registration begins September 1, 2011. Limited spaces will be available, so register early!

Ages:	8 – 10 years
Dates:	September 29, 2011 – May 2012
Days:	Last Thursday of the month
Time:	9:00 a.m. – 12:00 noon
Location:	Wilderness Station
Fee:	\$40.00 for 8-month program
Contact:	Registration is required. For questions or to register, call Rachel Singer, 217–3017, <a href="mailto:rsinger@murfreesborotn.gov">rsinger@murfreesborotn.gov</a> .



### Teachers, Homeschoolers & Scouts

#### Field Trips and Field Studies for your group:

We have added several new programs to share with your group. We can now accommodate large classes or small rotational groups. All programs are correlated with state standards or can be adjusted to satisfy badge requirements. Contact Rachel Singer for a complete list of programs and locations at 893-2141 or [rsinger@murfreesborotn.gov](mailto:rsinger@murfreesborotn.gov) or check out our website at [www.murfreesborotn.gov/parks](http://www.murfreesborotn.gov/parks) under Greenway & Wetlands or Wilderness Station.



## Bird Club

The great city of Murfreesboro now has its very own bird club! This group meets monthly at different locations all around the city. We welcome all levels of experience and encourage anyone who is interested in birds and bird behavior to join us! Please call the Wilderness Station for monthly dates and times. We look forward to seeing you!

Ages: All  
 Time: 9:00 a.m.  
 Dates: Saturdays, September 10th, October 15th and November 12th  
 Locations: September 10th Nickajack Wetlands (call for directions)  
 October 15th Cason Trailhead on the Greenway  
 November 12th Murfree Spring, Discovery Center  
 Fee: Free  
 Contact: Niki Jordan, njordan@murfreesborotn.gov, 217-3017.

## Senior Fall Hike Series

Fall is in full swing so seniors come out and enjoy the beautiful colors, crisp air, and the beauty of nature as we hike along our paved trail for an easy stroll. A naturalist-led hike will let you experience the flavor of fall here at Barfield Crescent Park.

Ages: Adult  
 Dates: Tuesdays, October 4th and 11th  
 Tuesdays, November 8th and 15th  
 Time: 9:00 a.m.  
 Location: Wilderness Station  
 Fee: Free  
 Contact: Wilderness Station, 217 - 3017.

# BIG SALE

*All Discs and  
Accessories on Sale*

Visit the Pro Shop at the  
Wilderness Station

Sale starts the day after  
Thanksgiving

Visit The Shop at the  
Wilderness Station for:

- v Unique gifts
- v Local artisans
- v Books on the area
- v Educational animals



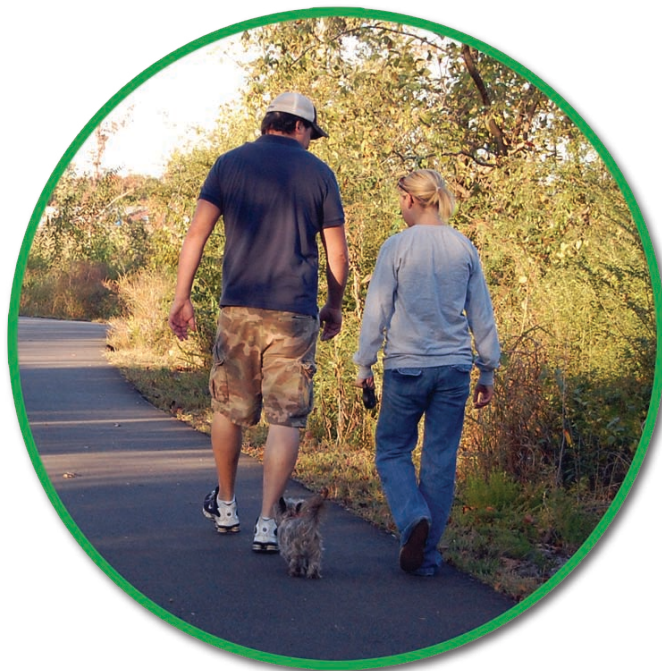
## StrollerCoasters

Walk a different section of the Greenway for an hour each week with your child and stroller, and then “stay and play” for optional non-stroller activities for the kiddies. Enjoy meeting other parents and caregivers while you get in shape exploring the Greenway and spending time with your child. Anyone can join at anytime; no membership or registration is necessary.

Age: Birth – 5 years + adults  
 Date: September 1 – November 17  
 Day: Thursdays  
 Time: 9:00 a.m. – 10:00 a.m. to walk; then stay and play until 10:30 or so  
 Fee: Free  
 Contact: Melinda Tate, 893-2141, mtate@murfreesborotn.gov

### Location:

September 1	General Bragg Trailhead
September 8	Barfield Crescent Park, Shelter #4
September 15	Old Fort Park behind Kids' Castle
September 22	Thompson Lane Trailhead
September 29	Cason Trailhead
October 6	Murfree Spring Wetland (at Discovery Center)
October 13	General Bragg Trailhead
October 20	Barfield Crescent Park, Wilderness Station
October 27	Old Fort Park, Overall Street Trailhead
November 3	Cason Trailhead
November 10	Thompson Lane Trailhead
November 17	General Bragg Trailhead



## Walkie-Talkies

Stroll the Greenway at your own pace as you meet new people and talk about interesting topics. Fill your lungs with fresh autumn air, and fill the air with lively conversation.

Age: Adults  
 Date: September 6 – November 29  
 Day: Tuesdays  
 Time: 9:00 a.m. – 10:00 a.m.  
 Location: Old Fort Park Shelter #3  
 Fee: Free  
 Contact: Melinda Tate, 893-2141, mtate@murfreesborotn.gov, or Barb Biggs, 893-2141, bbiggs@murfreesborotn.gov.

## Gateway Challenge

Whether your goal is better fitness, weight management, meeting new people or just getting out of the office, the Gateway Challenge can help get you motivated to walk 30 minutes every day. Prizes will be given to registered participants who walk 30 days, 40 days and 50 days. Group walks are on Wednesdays. Registration & more information August 24 and August 31 at the Gateway Island Reception area.

Age: All Ages  
 Date: August 24 – November 2  
 Day: Wednesdays  
 Time: 11:00 a.m. – 1:00 p.m.  
 Fee: Free  
 Location: Gateway Island  
 Contact: Melinda Tate, 893-2141, mtate@murfreesborotn.gov





## Murfreesboro

### Teen Adventure Club (M-TAC)

Are you a Murfreesboro teen who enjoys high adventure? Then join us for unforgettable experiences as we explore beautiful backcountry locations of Middle Tennessee and make lasting friendships along the way. Choose from hiking, paddling, rock climbing, and so much more! Enjoy different adventures throughout the year. You won't want to miss this awesome new opportunity happening right here in Murfreesboro!



## Kayaking on the Stones River

The river is calling to you to get out and enjoy the beauty and adventure that awaits you on this trip. Enjoy new and old friends as we spend the day paddling the scenic Stones River that runs right through Murfreesboro. A cookout on the bank will be included in this trip, so all you need to bring is your adventurous spirit! All experience levels are welcomed. Paddle strokes and instructions will be provided as well as PFDs.

Ages: 13-18 years

Date: Friday, October 7th, 2011

Time: 10a.m. – 4:00 p.m.

Location: Meet at the Wilderness Station. Transportation will be provided.

Fee: \$20.00

Registration deadline is September 30, 2011, and space is limited.

Contact: Wilderness Station, 217-3017, Rachel Singer [rsinger@murfreesborotn.gov](mailto:rsinger@murfreesborotn.gov)



# PATTERSON GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Cardio Blast 8:30 - 9:30a.m.	Yoga 8:30 - 9:30a.m.	Body Sculpt 8:30 - 9:30a.m.	
Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Zumba 9:30 - 10:30a.m.	Senior Sensations 9:30 - 10:30a.m.	Saturday Surprise 9:00 - 10:00a.m.
	Zumba 4:30 - 5:30p.m.		Step-n-Sculpt 4:30 - 5:30p.m.		
Step-n-Sculpt 5:30 - 6:30p.m.	Step-n-Sculpt 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	Cardio Blast 5:30 - 6:30p.m.	Body Sculpt 5:30 - 6:30p.m.	
Yoga 6:30 - 7:30p.m.	Step-n-Sculpt 6:30 - 7:30p.m.	Yoga 6:30 - 7:30p.m.	Body Sculpt 6:30 - 7:30p.m.		

## Body Sculpt

Weight and resistance training for anyone. Tone and tighten from your head to your toes using bands, physioballs and weights.

## Cardio Blast

Incorporates boot-camp moves, step, and weight training to maximize your caloric output, fat burning and total body toning.

## Pilates

Lengthen, strengthen and tone your way to a better body. Pilates concentrates on stabilization, alignment and core strength. Significant abdominal and lower back work.

## Saturday Surprise

This class will vary each week depending on instructor and participant input. Get the workout you want!

## Senior Sensations

Especially designed for sensational men and women over 50. This class will improve your cardiovascular capacity, as well as your flexibility.

## Step-N-Sculpt

Have fun while giving your heart a great workout, then sculpt key muscle groups using free weights. Abdominal work is also included in this full-body workout.

## Yoga

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

## Zumba

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.





## SPORTS\*COM GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	X-Press 6:15 - 6:45 a.m.		X-Press 6:15 - 6:45 a.m.		
	Tai Chi 7:00-7:45 a.m.		Tai Chi 7:00-7:45 a.m.		
Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Core Energy 8:00 - 9:00 a.m.	Zumba 8:15 - 9:15 a.m.	Step/Tone 8:30 - 9:30a.m.
Retro Fit 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro-Fit 9:15-10:00 a.m.	Total Body 9:15-10:15 a.m.	Retro-Fit 9:15-10:00 a.m.	
B-B-C 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00 p.m.	Zumba 5:00 - 6:00 p.m.	Step/Tone 5:00 - 6:00 p.m.	Step/Tone 5:30 - 6:30 p.m.	
Step/Tone 6:00 - 7:00 p.m.	Yoga 6:00 - 7:00 p.m.	Step/Tone 6:00 - 7:00 p.m.	Yoga 6:00 - 7:00 p.m.		
	Zumba 7:15-8:15 p.m.				

**X-Press**

30 minutes of straight weight-lifting joy. A perfect quickie workout or complement to your regular routine (or our running club).

**Brick-Body-Circuit (B-B-C)**

An intense cardio and weight training class! Burn calories, build muscle and have FUN using interval circuits. A total body workout that delivers results!

**Core Energy**

Use fluid moves, static holds and muscular contractions to strengthen the muscles of your torso (abs, back, and waist), hips and legs.

**Retro-Fit**

This is a weight-lifting class a notch or two easier than our regular classes. Perfect for older clientele and beginners alike. Basic moves focusing on strength and flexibility.

**Step & Step/Tone**

Consists of basic and not-so-basic step moves designed to give all fitness levels a heart-pounding workout. May include additional toning and abdominal exercises.

**Total Body**

Nonstop workout that uses dumbbells, a body bar, balls, steps, and even your own body weight to help you develop the lean muscle tissue you need for a toned body.

**Yoga**

For beginning and intermediate levels. The class focuses on improving your balance and flexibility, while at the same time reducing stress. A great way to wind down.

**Zumba**

A dynamic and exciting dance-based fitness program for everyone! Fuses Latin rhythms with international music themes and combines the principles of interval training and resistance.



## Superhero Training Class

Do you have what it takes to be a superhero? Come to our training class and we'll get you into life-saving form. You'll kick, punch, run, jump, roll and get yourself into super shape.

Ages: 3 to 6  
 Date: Sept. 17, 2011  
 Day: Saturday  
 Time: 10:30-11:45 a.m.  
 Location: Sports\*Com Group Exercise Room  
 Fee: \$3.00 or Premium Pass—You must call on Fri. 9/16 to reserve your spot. Space is limited.  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)



## Princess Training Class

Being a princess is more than just looking good in your crown. You have to know how to fight the evil dragons, run from the wicked witches, dodge all of your suitors—all with poise and confidence. Come to our training class and learn the basics of being a true, strong princess.

Ages: 3 to 6  
 Date: Oct. 15, 2011  
 Day: Saturday  
 Time: 10:30-11:45 a.m.  
 Location: Sports\*Com Group Exercise Room  
 Fee: \$3.00 or Premium Pass—You must call on Fri. 10/14 to reserve your spot. Space is limited.  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)

## Young Hearts

This 45-minute class will get your child moving and having fun. They'll play games, work on functional skills and learn the ins and outs of being fit and active.

Ages: 8-12  
 Date: September 1 –Nov. 17, 2011  
 Day: Tuesdays and Thursdays  
 Time: 4:00-4:45  
 Location: Sports\*Com  
 Fee: Premium Pass  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)

## Dance!

Get the dance school experience for a fraction of the price! Students will learn the essentials of ballet and jazz in a disciplined classroom environment. Age-appropriate music, costumes and choreography will be selected. The dancers will showcase their hard work and talent at a recital in the Theatre at Patterson Park in May 2012. Proper dance attire and shoes are recommended. Space is limited.

Ages: 3-13  
 Class dates: September 2011-May 2012  
 Days/Times: Ages 3-5: Tuesday OR Thursday 11:30 am-12:15 pm  
                   OR Saturday 8:05- 8:50 am  
                   Ages 5-7: Tuesday OR Wednesday 3:45-4:30 pm  
                   Ages 8-13: Wednesday 4:30-5:15 pm  
                   Homeschool Ages 8 and up: Wednesday 11:00-11:45 am  
 \*Schedule subject to change  
 Location: PPCC Exercise Studio  
 Fee: \$25/month (\$10 registration fee plus 1st month's tuition due at sign-up)  
 Contact: Jane Ogg at 615-893-7439 ext. 23, [jogg@murfreesborotn.gov](mailto:jogg@murfreesborotn.gov)





## Tai Chi

Tai Chi is an ancient Chinese discipline consisting of slow movements and postures done in a fluid and relaxed manner. It is used to reduce stress, increase flexibility, improve muscle strength, increase stamina and agility and increase the feeling of well-being.

Ages: 15 and up  
Days: Thursdays, Fridays or Saturdays  
Time: Beginners Classes: Tuesday 5:30-6:30 pm  
Saturday 10:30-11:30 am  
Intermediate Classes: Thursday 5:30-6:45 pm,  
Friday 7:00-8:00 am,  
Saturday 12:30-1:30 pm  
Location: Tuesday and Thursday: Sports\*Com Meeting Room  
Friday and Saturday: Patterson Park Exercise Studio  
Fee: Contact Bret Hawkins for specifics  
Contact: Bret Hawkins, 895-4932, brethawkins@juno.com

## Martial Arts Schedule

Shuharido School of Karate.

Karate Style: Wado Ryu (Japanese Karate)

Instructor: David Harris – Certified 3rd Degree Black Belt

Ages: 14 years and up

Location: Sports Com

Days/Times: Monday 7:15-8:30pm

Thursday 7:15-8:30pm

Fee: Call for Information

Contact: David Harris, 896-6431

## Four Week Fitness Boot Camp

If you are looking for a challenging workout or just want to challenge yourself, come to Patterson's Fitness Boot Camp. Each class will consist of a 10 minute warm-up, 20 minutes of cardio, 20 minutes of core and strength training using partners, bands, body weight, and anything else we can think of for resistance, and a 10 minute cool-down and stretch period. Cardio and strength training will alternate throughout the class to keep the heart rate elevated and prevent boredom. Work at your own pace for different levels of difficulty. Participants must fill out a Par-Q and sign a release form. A doctor's release may be required. Class size is limited and you must preregister.

Ages: 16 & up  
Dates: September 12 - October 7  
Days: Monday, Wednesday, Friday  
Time: 5:30pm – 6:30pm  
Location: Patterson Park (outside) (inside during inclement weather)  
Fee: \$50  
Contact: Chad Hill, C.S.C.S @ 893-7439, chill@murfreesborotn.gov

## Half Marathon Training for Beginners

### ..... Continues!!!

Yes, we're still running! Yes, there is still time for you to join us! We have 6 weeks remaining in our training for the Murfreesboro Middle Half Marathon. We started on April 11th and we accomplished our first 5K!

If you're tired of training alone or need some new company while you run, visit the Sports\*Com – we'll be running the Chik-fil-a 10k in September, the Murfreesboro Middle Half Marathon in October and the Borodash in November. To join us, please stop by the Sports\*Com and complete the registration forms.

Age: Adult  
Day: Monday, Wednesday, Friday and Saturday – running  
Time: 6:00am - 7:00am  
Location: Meet in the Sports\*Com lobby  
Saturday we will meet at the greenway  
Fee: FREE  
\*Ability to run 3 miles  
Registration Required.  
Contact: Jennifer Joines, 895-5040, jjoines@murfreesborotn.gov

## Positive Impact— Beginning Group Exercise

This is a return program from one of our former instructors, Angela Ford. Angela has designed this group exercise class for those who are new to exercise or just need a very basic class. You'll get a great workout at the right level for you and have lots of fun and laughs in the process. Come give it a try.

Ages: Adults  
Date: September 12, 2011 – March 28, 2012  
Day: Mondays and Wednesdays  
Time: 5:30p.m.  
Location: Sports\*Com Meeting Room  
Fee: Contact Angela for a fee schedule  
Contact: Angela Ford, 495-3525

## Early Morning Weight Training

Don't forget – we still offer early morning weight training!

Get your exercise finished before your day begins! It can only make you stronger. This 30-minute class is the perfect complement to our marathon training runs. Focus will be on improving core strength, muscle endurance and flexibility.

Age: Adult  
Day: Tuesday and Thursday  
Time: 6:15am - 6:45am  
Location: SportsCom Aerobic Room  
Fee: General Pass  
Contact: Jennifer Joines, 895-5040, jjoines@murfreesborotn.gov

### Farm-to-Table

Try the newest idea in healthy eating - Creating delicious meals from locally grown produce. We've gathered a few recipes to share using farm fresh items, most of which can be found at your local farmers market. Pickup your farm-to-table cook booklet at Sports\*Com or by e-mail. Further information - Please call Jennifer Joines, 895-5040, or e-mail [jjoines@murfreesborotn.gov](mailto:jjoines@murfreesborotn.gov).

### Holiday Hold

Can you make it through the holidays without putting on the dreaded "holiday 10 (or more)" pounds? We'll reward you if you do. Sign up, weigh-in and measure- in October 24 through 28. Take your post measurements Jan. 2 through 6. Keep your weight within 5 lbs and your waist within one inch until Jan. and you may win a prize.

Ages: 18 and up  
 Date: Oct. 24-28: Premeasurements; Jan. 2-6: Post-measurements  
 Day: Workouts and activities done on own  
 Time: Workouts and activities done on own  
 Location: Sports\*Com  
 Fee: FREE (you must pay normal facility fees for any activities)  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)

### Santa Belly Bootcamp

To assist you with your efforts not to gain a Santa belly over the holidays, we're adding a weight-lifting bootcamp to the Sundays in November and December. Come build muscle, burn fat and reduce some of your holiday stress.

Ages: 18 and up  
 Date: November 6, 13 and 20 and December 4, 11 and 18, 2011  
 (NO classes 11/27 or 12/25)  
 Day: Sundays  
 Time: 1:30-2:30 p.m.  
 Location: Sports\*Com Group Exercise Room  
 Fee: Premium Pass  
 Contact: Allison Davidson, 895-5040, [adavidson@murfreesborotn.gov](mailto:adavidson@murfreesborotn.gov)



## Wellness Services Offered at Sports\*Com & Patterson Park

### Cholesterol Testing--\$25.00

This is a blood lipid panel test performed by an off-site lab (Quest Laboratories). Purchase of this test is available ONLY at Sports\*Com.

### Personal Training

Accredited personal trainers will create an individually tailored workout schedule.

1 hour session =	\$35.00
4- 1 hour sessions =	\$120.00
8- 1 hour sessions =	\$220.00
12- 1 hour sessions =	\$300.00
15- 1 hour sessions =	\$350.00

### Fitness Assessments

#### What is a Fitness Assessment?

A fitness assessment consists of a complete Medical/Health History screening and a 45-60 minute battery of tests including: Resting heart rate, blood pressure, body composition, cardiovascular endurance, muscular strength, muscular endurance and flexibility testing. Individuals who wish to participate in a fitness assessment must make an appointment at least 24 hours prior to testing. Cost is \$35.00. Stop by the Wellness Centers or call Patterson at 893-7439 or Sports\*Com at 895-5040.

#### What is the purpose?

- Provides information about your baseline fitness level and allows for comparisons to standardized norms to individuals of the same age and gender.
- Allows a fitness instructor to develop an exercise program to fit your needs based on the fitness assessment results.
- Motivates you to stick with the training program and allows for future retesting to measure improvement.
- The Health History screening is designed to identify any health/medical concerns which require a physician's clearance prior to starting a regular exercise program.
- Allows a fitness instructor to design a safe and effective exercise program based on your specific needs.

Our staff is  
ready to help  
YOU!